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### WELCOME TO METRO.US

#### KRISTIN TOUSSAINT, REPORTER

Every year we know that flu season is coming, but how many of us forget to get our flu shots? (Me, I'll admit.) And every year, city officials and health experts urge us to get vaccinated. That push is already starting in New York City, so Metro reached out to experts to learn everything there is to know about the upcoming 2018-19 flu season and all the ways you can get a flu shot in the five boroughs. Read more inside and at **metro.us**.

### USA GYMNASTICS INTERIM CEO RESIGNS

Former congresswoman Mary Bono resigned from USA Gymnastics on Tuesday, four days after she was named interim chief executive officer of the sport's national governing body as it tried to recover from a sexual abuse scandal, a spokesman for the U.S. Olympic Committee, Patrick Sandusky, said in an email. Officials at USA Gymnastics did not immediately respond to requests for comment. Bono was appointed on Friday and almost immediately faced criticism from leading gymnasts. Gold medalist Simone Biles spoke out against Bono on Twitter for

a tweet the former Republican congresswoman sent that was critical of sportswear maker Nike. Gymnast Aly Raisman on Monday criticized Bono's past role working for a law firm that was hired by USA Gymnastics when sex abuse allegations were reported against former USA Gymnastics team doctor Larry Nassar. Raisman said that lawyers at Bono's firm knew of Nassar's abuse in 2015, but the doctor continued to abuse children for a further 13 months. "Why hire someone associated with the firm that helped cover up our abuse," Raisman wrote.

### LETTER CAUSES RICIN SCARE AT COLLINS' HOME

A suspicious letter sent to the Maine home of Republican U.S. Sen. Susan Collins had a note saying it contained the deadly poison ricin, the senator's office said on Tuesday, adding any affected areas had been cleared. No one was harmed in the incident that took place on Monday and Collins' office did not comment on whether the letter sent to Tom Daffron, the senator's husband, actually contained ricin. "Mr. Daffron, their dog, and parts of their home were quarantined while the crime lab undertook an analysis of the premises,"

Annie Clark, a spokeswoman for Collins said in a statement, adding that "the incident is the latest in a series of threats against Senator Collins, her loved ones, and her staff." Collins was thrust into the national spotlight this month when she became a key vote to confirm Brett Kavanaugh to the U.S. Supreme Court, delivering a major victory to President Donald Trump, who has now locked in a conservative majority on the court. "The testing of the letter, as well as the investigation into its origins, remain ongoing,"



### FBI OFFICIAL IMPROPERLY ACCEPTED REPORTER'S GIFTS

An unnamed senior official at the FBI improperly accepted tickets to professional sporting events from a reporter and later misled investigators when confronted about it, the Justice Department's internal watchdog said on Tuesday. The FBI official, who resigned from the agency during the probe, initially told the inspector general's office under oath that the official had paid for the tickets, but later admitted that was not so. The reporter who gave the tickets to the FBI official is a television news correspondent who covers the

Justice Department and the FBI, the report said. The report did not name the correspondent. The official's conduct violated federal regulations, the internal watchdog said. The FBI declined to comment on the report's findings. Senate Judiciary Chairman Charles Grassley asked the internal watchdog to send him a copy of the full investigative report by Friday. The two-page report by Inspector General Michael Horowitz stems from a much broader investigation into the FBI's handling of the Hillary Clinton email probe ahead of the 2016 presidential election.

### USA ONCE AGAIN 'MOST COMPETITIVE ECONOMY'

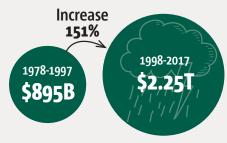
The U.S. economy sits atop of the World Economic Forum's annual global competitiveness survey for the first time since the 2007-2009 financial crisis, benefiting from a new ranking methodology this year, the Swiss body said on Tuesday. In its closely-watched annual Global Competitiveness Report, the WEF said the U.S. is the country closest to the "frontier of competitiveness," an indicator that ranks competitive productivity using a scale from zero to 100. The U.S. beat off Singapore, Ger-

many, Switzerland and Japan, the other top four markets, with a score of 85.6 out of 100, the report said, due to its "vibrant" entrepreneurial culture and "strong" labor market and financial system. The World Economic Forum, the same organization that runs the Davos meeting of global powerbrokers each January, bases its rankings of 140 economies on a dozen drivers of competitiveness, including a country's institutions and the policies that help drive productivity. The last time the U.S. topped the list was 2008.

### STATS

### COST OF CLIMATE-RELATED DISASTERS

Total economic cost of global climate-related disasters over 20-year periods.



UNITED NATIONS OFFICE FOR DISASTER RISK REDUCTION

# New York Wednesday, October 17, 2018

### Spine surgery getting less invasive, more effective



### ASK THE ROTHMAN ORTHOPAEDIC INSTITUTE:

When it comes to your health, you only want the most qualified specialists weighing in. Metro has you covered. teaming up with the worldrenowned experts at the Rothman Orthopaedic Institute to fill in the question marks.

Millions of Americans suffer from chronic pain, but when that pain can be traced back to your spine, opting for surgery can feel understandably intimidating. Being in the right hands makes all the difference. Metro caught up with Joseph K. Lee, M.D., a leading spine surgeon at the Rothman Orthopaedic Institute, to break down minimally invasive spine surgery—a game changer that's helping patients recover faster than ever before.

### What exactly is minimally invasive spine surgery?

When it comes to spine surgery, the less-is-more approach is always best. Minimally invasive spine surgery is exactly what it sounds like. Instead of making large, open incisions, we can achieve the same results with smaller incisions. This results in less blood loss, a reduced risk of infection,

and a faster recovery time for the patient. This helps patients get back on their feet much more quickly than if they'd had traditional spine surgery. We've come to a point now where some of these surgeries are being performed in outpatient settings that allow the patient to go home the same day.

## What types of conditions can be treated with minimally invasive spine surgery?

The most common condition we treat in the neck is a pinched nerve, which causes neck pain that radiates down one or both arms. It can also be associated with numbing, tingling, or weakness. We also treat patients who have disc herniation or spinal stenosis. Symptoms here may include back pain, pain that radiates down the legs, or difficulty walking



or standing upright for a long time.

### Is surgery always necessary?

No. In fact, most people don't need surgery at all. We like to start out with non-operative treatments like physical therapy, which often involves stretching, range-ofmotion exercises, and strengthening exercises. If that isn't effective, antiinflammatory medication or muscle relaxers are options. For patients who continue having issues after that, we typically order advanced imaging,

like an MRI or CT scan, to see if injections are a good option to help alleviate inflammation in the spine.

### Why choose the Rothman Orthopaedic Institute?

Rothman is an internationally recognized orthopedic practice that puts patient care first, and all of our surgeons are trained in the most advanced modern techniques. In other words, we offer each patient the right surgical solution. We also strongly



believe that every patient should have access to the type of life-changing care we provide, which is why we're working toward compatibility with all major insurance carriers.

### What's new for the Rothman Institute?

We're currently expanding from Pennsylvania and New Jersey into the Westchester and New York City areas. This is a very exciting step forward because we can now deliver outstanding care to those patients in the area that needs it most.

### **OUR DOCTORS**

ANTHONY A. ROMEO, M.D.
SPORTS MEDICINE
SHOULDER & ELBOW

MEGHAN E. BISHOP, M.D. SPORTS MEDICINE

BRANDON J. ERICKSON, M.D. SPORTS MEDICINE

JOSEPH K. LEE, M.D. SPINE SURGERY

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# 4 metr NEWS

Here's everything you need to know about influenza ahead of the 2018-19 flu season.



Every year as autumn and winter approach, we know to expect a few things: We'll have to pull our jackets out of storage as the weather gets colder, we'll see holiday decor pop up in stores, and we'll be reminded to get a flu vaccine.

Gov. Andrew Cuomo is starting the push already. Cuomo launched a public awareness campaign this week urging New Yorkers to get vaccinated ahead of the 2018-19 flu season.

"Getting a flu shot still remains the best way to stay healthy during this

### New York City braces for flu season

season," Cuomo said in a statement. "It is critical for all New Yorkers, especially older adults, young children and pregnant women, to get vaccinated as soon as possible and to take other necessary precautions to prevent the spread of the virus in New York."

But when does flu season actually start? Unfortunately, it can be a bit unpredictable, said Dr. Jane R. Zucker, an infectious disease physician and the assistant commissioner for the Bureau of Immunization within the New York City Department of Health.

"Whereas it generally peaks sometime between January and March, we have seen flu activity as early as November, and we've also seen outbreaks as late as May," she said. "So now is the perfect time to get vaccinated."

The flu vaccine first becomes available at the end of August, and the most active months for vaccinations are September



ISTOCI

and October, according to Zucker.

Last year's flu season was the worst in nearly a decade. About 80,000 people across the country died of the flu or flu-related complications, per the CDC. In New York alone, there were 23,377 flu-related hospitalizations and six pediatric deaths.

Experts don't yet know

how bad this year's flu season will be, though, because every season is different.

"There's a saying, 'If you've seen one flu season, you've seen one flu season,'" Zucker said.

Part of that uncertainty comes from the fact that there are different prominent influenza strains each year. Experts won't know what flu season has in store until they start to see some flu activity.

"And honestly, we can start with one strain in November and December, and end up with a different outbreak in February," Zucker said. "That's why we do surveillance and issue reports every week. We have to see how things unfold. It's also why we want people to get vaccinated now, so that they're protected when the influenza virus arrives."

Dr. Stephen S. Morse, a professor of epidemiology at Columbia University's Mailman School of Public Health echoed this, saying that the flu is "full of surprises." There is a way to get some insight about the upcoming flu season, though.

"In the southern hemisphere, they get [seasonal influenza] six months before we do, so it gives us a head start of what we're likely to see come here six months later, in our winter," he said.

Health experts identify

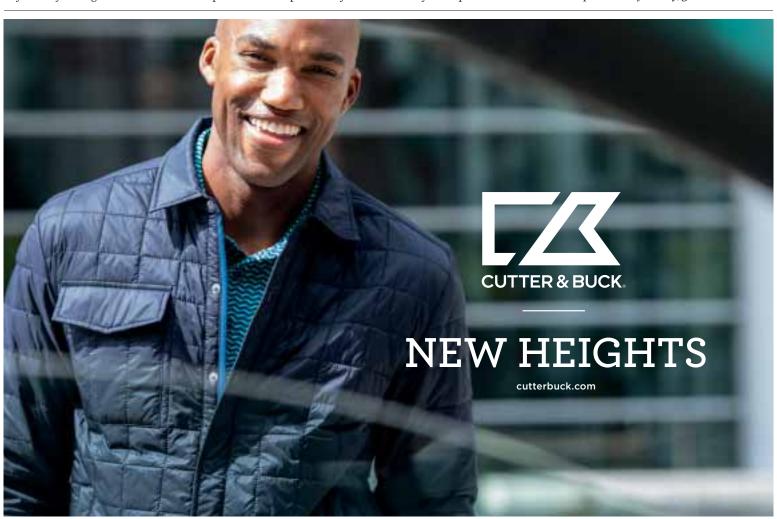
the strains circulating in the southern hemisphere and that helps inform what strains to include in the flu vaccine. Flu shots contain three or four influenza strains.

So, where can you actually get a flu vaccine in New York City? Most health care providers offer flu shots, so if you have one, you can check there first, Zucker advised. Many employers also offer vaccines, so you may be able to get one at work.

Pharmacies are also a resource, and Cuomo recently passed legislation allowing pharmacists to administer flu vaccines to children ages 2 to 18, after passing an emergency executive order in January 2018.

If you're lost for where to get your flu shot, you can call 311 or visit nyc. gov/flu to get to the NYC Health Map, which lists more than 600 vaccination locations throughout New York City.

To read the full flu story, go to metro.us.



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### **Looking for silence? Borough Park ranks** the quietest of city neighborhoods

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Meanwhile, Rent-Hop rates Hamilton Heights as the noisiest in its neighborhood breakdown of noise complaints.



New York City is noisy, there's no avoiding it with about eight million people crammed into the boroughs, things are bound to get loud. But not all neighborhoods are equal when it comes to noise volume, according to a new report from RentHop.

The real estate site released a report this week looking at noise complaints across the city. It analyzed the number of complaints per capita by using year-to-date 311 complaint data from NYC's open data portal divided by the neighborhood population, which came from city government data.

Overall, the city's volume level seems to be going down (or maybe people are just getting used to the noise) because for all the neighborhoods RentHop analyzed — in Manhattan, Brooklyn, Queens and the Bronx — noise complaints

have decreased about 6.8 percent from 2017 to 2018.

If you want to live in a lower-decibel-level New York City neighborhood, you won't really have to shell out a ton more money for that peace and quiet, per RentHop.

Though there is a slight negative correlation between the median one-bedroom rent price and noise complaints per capita - meaning that as rent goes up, the observed amount of noise complaints for an area goes down — it's only a small correlation, and it doesn't prove causation, the real estate site says.

There are still plenty of expensive New York City neighborhoods with a lot of noise complaints, so paying more for your apartment doesn't ensure tĥat a neighborhood will

There could be other factors to the noise complaint per capita data as well, RentHop notes. Some New York City neighborhoods may just have a larger population of people who are more inclined to make noise complaints, or if a neighborhood particularly values peace and quiet, it's residents may make more noise complaints than in other areas to perpetuate that environment.

### Quietest and noisiest NYC 'hoods

Quietest: Upper East Side (.00359 noise complaints per capita) Runner-up: Lenox Hill/Roosevelt Island (.00437) Noisiest: Hamilton Heights

Runner-up: Marble Hill/Inwood

#### Brooklyn

Quietest: Borough Park (.00324) Runner-up: Brooklyn Heights/ Crown Hill (.00467) Noisiest: DUMBO/Downtown Brooklyn (.0369)

Runner-up: Bushwick South (.0343)

Quietest: Bayside Hills (.00388) Runner-up: Elmhurst/Maspeth

Noisiest: Woodhaven (.0252) Runner-up: Queensbridge (.0230)

### The Bronx

Quietest: Parkchester (.00603) Runner-up: Pelham Bay (.0142) Noisiest: Bedford Park/Fordham Runner-up: Norwood (.0435)

"Helping the worst cases of back and knee pain with the most advanced, cutting-edge technology and treatments available..."

## Harvard Doctor Offers World-Class Back and Knee Pain Treatment At Prices Almost Anyone Can Afford...

### Popular NYC Pain MD Clinic Swarmed With Back and Knee Pain Sufferers Hoping To Relieve Their Pain And Get Their Lives Back

NYC - Let's be honest. Medical insurance stinks these days. And unless you are rich, it is probably keeping you from getting the best possible care for your back pain and whatever ails you.

Seriously... can you go to the doctor you want to and get the treatments you want ... and need?

It's bad enough back pain or other joint pain is destroying your life... but you also have to deal with insurance companies telling you what doctors you can see... what treatments you can get... and then denying the care and sticking you with the bill ... Am I right?

And you've tried all the pain medications, physical therapy and probably have seen more than one doctor.

How did all that work out for you? Still in pain?

Frustrated and fed up?

I bet you are.

#### And how about this:

Do you really think you are getting the most advanced, cutting-edge treatments?

I'll go out on a limb and say... probably not.

Everyone knows the newest and most advanced treatments are not paid for by insurance because they are labeled "experimental." And there is not enough "proof." Yet...

But there ARE some people who get the best treatments. And reap the benefits you and all the other "average Joe's" never get.

#### Who are these lucky people?

The rich and famous (and top pro athletes) go to the best doctors and get the best treatments money can buy. Why? Because they can afford the enormous price tag most top doctors and medical clinics charge.

Clearly this is not "fair" and no one is looking out for YOU. Until now...

Now YOU can be treated by a Harvard trained doctor AND get the most advanced, cutting-edge treatments for back, knee and other pain... at a fraction of the price other exclusive medical clinics are charging.

It's true.

Here is how...

NYC Pain MD is a state-of-the-art medical clinic with locations in New York City that are swarmed with pain sufferers... because they offer two things every pain suffers wants...

(1) The best possible care from top-notch doctors (2) Fees not only affordable to the rich and famous but to the average hard-working members of our community. Who is this Harvard Trained doctor and what treatments are offered?

His name is Dr. George Hanna. And check this out...

He completed his medical training at 3 of the top schools in the world: University of Pennsylvania School of Medicine, Cornell University and Harvard Medical School.

Not only that... Dr. Hanna was appointed to the Harvard Medical School and an instructor from 2013 - 2016.

He actually has too many honors in medicine to list here.

Dr. Hanna believes in being innovative and staying on the cutting edge of medicine. That's why he continued to train and teach long after graduating medical school.

What does all this mean for you and your pain?

Dr. Hanna offers several advanced treatments for back, hip, and knee pain at *NYC Pain MD* - depending on what you need.

He is a specialist in pain management and diagnosing and treating even the most severe cases of back, neck and joint pain.

It is not uncommon for back and knee pain sufferers to come to NYC Pain MD after many other treatments have failed and even after suffering for years in pain.

What makes NYC Pain MD different?

Technology is only as good as the doctor using it.

There are many things Dr. Hanna has learned over the years to "fine tune" treatments and get the best possible results.

Plus, *NYC Pain MD* is a multidisciplinary clinic offering the best medical treatments available.

Your treatment plan will most likely not just include one treatment... but everything the experts think you need to get better as fast as possible.

The program at NYC Pain MD is called, "Rejuvenate Back and Knee Pain" and addresses all the possible causes of back and knee pain... including: MUSCLE, JOINT, DISC, LIGAMENTS and BIOCHEMICAL.

Treatment programs usually include a combination of the most advanced, cutting-edge technologies available.

Treatments can include:

- ✓ Stem Cell Therapy✓ Platelet Rich Plasma (PRP)
- ✓ Radiofrequency Neurotomy (RF)

- ✓ Pain Management
- ✓ Viscosupplementation
- ✓ Nerve blocks
- ✓ Precision Pain Targeting Technology
- ✓ And more

The doctors at NYC Pain MD have found the results are much better when multiple approaches are used together.

#### And the best part is:

All doctors and treatments are under one roof. This means all the doc's work together... and... it is very convenient for you to get the exact care you need. No need to be referred out spending energy going doctor to doctor. No hospital or facility visits necessary.

This can save you a lot of time... and money. But the most important part is: RESULTS..

Now I'm going to be totally honest with you. Even though you will be seeing a world class doctor educated at Harvard... who is trained and skilled at the best pain elimination techniques available today... this is NOT a miracle cure for everyone.

In fact, not everyone will eliminate all their pain.

There are, regrettably, no guarantees in medicine. And no ethical doctor would ever make such a claim

But we can say from experience that we help a majority of pain sufferers we see.

So.... what if *you* could be out of pain in a few days or even a few weeks? What would that be worth to you?

And what would it be worth to you if you could finally reduce your back or knee pain... for good?

How would it feel to be able to go to bed... sleep through the night... and wake up refreshed... regain mobility.... without pain.

And wouldn't it be wonderful to cancel that surgery, stop taking pain pills... and... go back to doing all the things you love to do but couldn't because of the pain?

It's amazing how many doors can open up, opportunities arrive... and... how much FUN life can be... when you are no longer suffering in pain.

And some patients DO get very fast ... almost overnight results.

Can you imagine if that was you?
That's probably something
you would want to look into and
possibly give a try... right?

If so... here's great news!

Even though Dr. Hanna's and NYC Pain MD's treatments

have helped so many back and knee pain victims... sadly... it does not help everyone.

And since he has treated so many back and knee pain patients, he understands that you have probably been through countless treatments and don't want to waste your time on another dead end.

For that reason, NYC Pain MD performs a complete free screening on every potential patient and will only accept you if you qualify for treatment and are very likely to get the results you are looking for.

### How to check all this out for FREE

Every month Dr. Hanna and NYC Pain MD offers a very limited number of free screenings. At this screening, you get to see if these advanced treatments can help you...

This is a great way to find out if you qualify for treatments without wasting your time... or money.

Obviously, due to time limitations, Dr. Hanna cannot see every pain sufferer who wants in.

For that reason, he must limit the number of screenings he offers each month.

So, if you are interested, the best thing to do is call 877-254-7316 right now and tell the scheduling coordinator you would like free back or knee pain screening. appointment. They will know what this is all about and schedule you for the earliest time available.

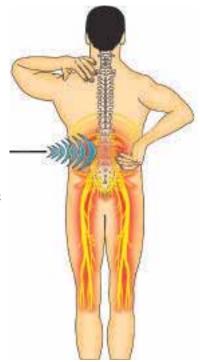
The faster you call... the faster you get to see Dr. Hanna... and the quicker you may be out of pain. It makes no sense to suffer even one extra day in pain when you simply don't have to.

As well, there is absolutely no obligation.. You will come in for the screening... see if you qualify... get your questions answered... and you decide how to proceed from there..

This is NOT a sales pitch.

Dr. Hanna is a medical doctor trained a Harvard. He does not have to be a salesman.

????? give you the information you came in for and tell you...yer or



Dr. Hanna, a the Harvard-trained doctor, bets there is a good chance he can help your back, knee & joint pain... without surgery... no matter how bad or how many others have failed...often for just a fraction of the cost

no... if he thinks he can help you.

Oh yeah... and the cost of

Oh yeah... and the cost of treatment.

The screening, again, is 100% free. Treatments vary and it depends on what you need. But NYC Pain MD is committed to giving patients world-class medical care at the best possible price.

### We Know Insurance Is Difficult

If you have insurance... and it covers... great.

If not .... we have teamed up with *CareCredit* to offer options that are affordable to almost anyone often resulting in costs lees than that daily coffee you have every morning.

In fact, our fees are usually a fraction of what many other top clinics, hospitals or out-patient centers charge. That's because we do not have an additional charge for "facility fees" which add thousands to the cost of care.

Obviously, you won't be getting a \$10,000 bill from us

Everything will be explained to you at the screening. You will finally the have direction you need and, know exactly what to expect.

To schedule your free screening with Dr. Hanna call **877-254-7316** right now.

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performed by a group of indie-rockers for free at Brookfield Place, in October. MIRRORPIX VIA GETTY IMAGES

### Catch a free 3-day **Bowie concert in Lower Manhattan**

A group of 19 indierockers led by Jonathan Meiburg of Shearwater present all three of David Bowie's Berlin Trilogy albums in a free three-night concert.



An all-star lineup of indie-rockers are gather-ing to salute David Bowie, the glam rock icon who helped create more than just a new genre with his androgynous looks and changing personas, with a free threenight concert series in Lower Manhattan.

Jonathan Meiburg of Shearwater has gathered a group of 19 musicians including members of Deerhoof, Xiu Xiu and Dirty Projectors to present "New Sounds Live: Bowie's Berlin Trilogy," taking place Oct. 17-19 beneath the palm trees of Brookfield Place's Winter Garden. The Berlin Trilogy refers to three albums -"Low" (1977), "Heroes"

(1978) and "Lodger" created during a time of profound change for David Bowie, who had left Los Angeles in 1976 for Germany to ditch the party scene and his cocaine addic-

Each concert features one of Bowie's albums played in full, alongside selections his collaborators Brian Eno, Tony Visconti and Klaus Schulze. The final night features a special appearance by Carlos Alomar, Bowie's guitarist and musical director between 1975 and 1996.

All shows begin at 7:30 p.m. and are totally free, no RSVP needed, presented as part of WNYC's New Sounds Live series.

The Berlin Trilogy: David Bowie goes from his lowest to highest In 1976, David Bowie was very much on top of the world. He had scored two Top 10 hits with "Fame" and "Golden Years" just the previous year, but he was also struggling with cocaine addiction. So he decided to abandon the life of excess in Los Angeles, leaving behind parties

### Here's the full schedule for Bowie's Berlin Trilogy at Brookfield Place

Wednesday: Selections from "Discreet Music" (Brian Eno, 1975) followed by "Lodger" (David Bowie, 1979)

Thursday: Selections from "Another Green World" (Brian Eno, 1975) followed by "Heroes" (David Bowie,

Friday: Selections from "Body Love" (Klaus Schulze, 1977) followed by "Low" (David Bowie, 1977)

and drugs for Germany, where he enjoyed relative anonymity that allowed him a new kind of creative freedom as well.

"Berlin was the first time in years that I had felt a joy of life," Bowie told Uncut magazine in 2011, "and a great feeling of release and healing. It's a city eight times bigger than Paris, remember, and so easy to 'get lost' in and to 'find' oneself, too.'

### LMHQ strives to be a different type of flexible workspace



With more companies and workers looking toward flexible workspaces, co-working facilities continue to pop up across the city. Below Chambers Street in Lower Manhattan, for example, there are nearly four dozen, including usual suspects like WeWork and Knotel, as

well as Down ance's LMHQ.

TMHO reinvented

--workitself from co-working setup Hive at 55 when it moved to a 12,500-square-foot space at 150 Broadway in 2015 and is now "co-working-adjacent," said Tracy Candido, director of programs and events, "because somebody like a WeWork would give you an office, a dedicated desk like a regular office, which is wonderful. LMHQ is different in that we can expand and contract the way you need us to."

On any given day, you might see LMHQ members sitting at the open desks, hosting a meeting in rooms named after city innovators with ties to Lower Manhattan, attending a seminar in the 140-person event space, reading in the HarperCollinsstocked communal library or scribbling on the Ideapaint-covered

"You're also able to rent our space as a nonmember, which, a lot of co-working spaces are a little more exclusive," Candido said. "We're a bit more communityminded where you can come in and try our space, and if you're interested in participating on a more frequent basis, membership may be the right option for

LMHQ memberships run the gamut from a \$30 daily dropin to \$2,250 annually, which gives unlimited access to the workspace, credits and discounts on conference and event room rentals, and more. LMHQ currently has 14 company and 31 individual members.

LMHQ offers public programming such as a monthly women's breakfast that's attended by more than 120 professionals, as well as workshops and events related to the current news cycle.

"We try to curate programs that not only inform but also inspire and educate," she said. "We try to give people things they need in their professional life, and of course that streamlines into their personal life as well."

On Thursday at 6 p.m., change-making musician JD Samson, Tanenbaum Deputy CEO Mark Fowler and Nylon Editor-in-Chief Gabrielle Korn will host TED-like talks on working together in a tumultuous time, which will be "followed by a structured networking on the same topic of collaboration,' Candido said.

On Tuesday, Oct. 23, special installment of the LMHQ women's breakfast will be a free "voter's town hall" featuring ZigZag podcast, Civil, Christine Quinn of 'Win: Women in Need,' the 21 in '21 Initiative, Crush the Midterms, Make the Road, and Cody Lindquist of "Two Beers In."

"There are a lot of issues on the table that I think people know a lot about, but also there are a ton of nonprofit organizations who are fighting so hard to get the word out how to make change relevant to these issues," Candido explained. "It will be a rapid-fire town hall with five- to 10-minute presentations." NIKKI M. MASCALI

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### Infamous Nevada brothel owner Hof, dubbed 'Trump from Pahrump,' dies

Dennis Hof was found dead at one of his brothels by Ron Jeremy.

brothel-owning, Christianevangelical backed Republican state legisla-Nevada ture candidate who himself nicknamed the "Trump from Pahrump," died on Tuesday, a local sheriff's office said.

Dennis Hof, styled himself as America's best-known pimp, a strip-club owner who ran multiple brothels. His political rise reflected fundamental changes in electoral norms that have roiled the Republican Party and upended American politics during the era of President Donald Trump.



Dennis Hof (right) and Ron Jeremy. GETTY IMAGES

really is "This the Trump move-ment," Hof said in a June interview at Moonlite BunnyRanch, his brothel near his home in Pahrump, Nevada.

"People will set aside for a moment their moral beliefs, their religious beliefs, to get somebody that is honest in office."

County The Nye

Sheriff's Office said on its website that Hof had been found dead at one of his properties in Crystal, Nevada. The cause of death was not immediately disclosed.

According to the Daily Mail, Hof had spent the evening celebrating his birthday with porn legend Ron Jeremy and Heidi Fleiss.

After Hof won the June nominating contest for a State Assembly seat, some evangelicals in his Republican-leaning district said they had voted for him because they believed he would clean up politics and not be beholden to special-interest groups and their money.

The thrice-divorced author of "The Art of the Pimp," who appeared on HBO's "Cathouse," owned a strip club and five legal brothels in Nevada, the only U.S. state with legalized prostitution. But the source of Hof's prostitution. wealth did not deter his

supporters. "We have politicians, they might speak good words, not sleep with prostitutes, be a good neighbor," evangood neighbor, evan-gelical pastor Victor Fuentes said in June. "But by their decisions, they have evil in their heart. Dennis Hof is not like that.

For decades, evan-

gelical voters have been a pillar of the Republican Party, using grassroots muscle to turn out votes and engage in political battles over hot-button social issues such as abortion and same-sex marriage.

But in recent years, many conservative Christians have lost trust in establishment Republicans, they accuse of not fighting for values they feel are under attack in modern America.

Other conservative Christian voters were wary of Hof.

"For me, it goes back to faith and values,' Paul Goulet, a pastor who leads the International Church of Las Vegas, said in a telephone interview earlier this year. "I can't wrap my brain around supporting someone who does

An investigation of three of his brothels turned up immigration violations and indications of possible human trafficking, local officials said earlier this month. Hof denied the allegations.

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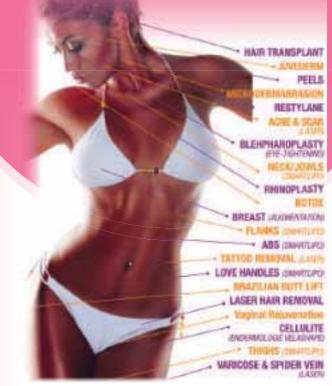
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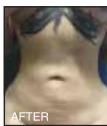






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### THE FOREMAN **FORECAST:** THE HILLARY **PROBLEM**

are things I never expect to see. One is Hillary Clinton running for president again, and the second — Hillary Clinton ever chang-ing her answer about whether President Bill Clinton should have resigned amid the Monica Lewinsky scandal.

"Absolutely not," was her response on CBS when asked about it this week, and variations of that have been her stock reply for years. Was your husband abusing his power by having sexual encounters with an intern? "No." Does it matter that Lewinsky was 22 years old? "An adult," the former secretary of state/senator/ first lady says.

Of course, she can say what she wishes, and plenty of loyal fans are firmly in her corner. They see the Oval Office encounters as a consensual tryst that was unfairly exploited by partisans. Case closed.

But in political terms, every time Hillary Clinton engages such questions, her party suffers. In the maelstrom of the #MeToo movement, Democratic leaders are positioning themselves as champions of women's rights and scourges of preda**ANALYSIS** 

### **TOM FOREMAN**

CNN's Tom Foreman is the author of the book 'My Year of Running Dangerously."



tory males. They portray their party as the future for women of conscience. That's why this messy piece of the past is such a problem. Each time one of the

Clintons can be lured into defending that old transgression, critics get another free shot at the party's positions.

To be sure, the many allegations of sexual misconduct against Donald Trump raise the same thorny issues for Republicans, but it's costlier for Dems because they have put women's issues so front and center. In any event, many political strategists would argue Hillary Clinton absolutely cannot be the person making that case.

She and the former president can play a huge role in rallying the Democratic base. He can talk about presiding over a roaring economy and some of the highest presidential approval ratings in decades. She can recount her adventures in international diplomacy and boast about how she raised the profile of female candidates to unprecedented heights.

But when asked about Lewinsky, even half-baked political pundit would tell them, it's time to let it alone. Say you've said all you're going to say, because anything more is not helping your case. It's just hurting your

# Doctors Urge Knee Pain Sufferers "Don't Get ANY Surgery Until You SeeThis..."

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

**NEW YORK CITY** - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

### That's the bad news. Now for some good news...

Over the years, *NYC Pain MD* medic has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

#### The Treatment Formula

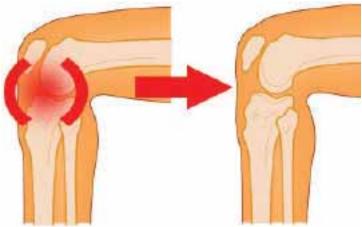
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD "Treatment Formula" A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

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- Platelet Rich Plasma (PRP)
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- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments without good results. However, NYC Pain MD feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

### Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



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Grumble Editor

#### **READER WRITE-INS:**

THE GYM IS FOR WORKING OUT, NOT SURFING THE WEB! I understand people use their phones to listen to their music when they work out. What I don't understand is when people just sit at a machine and stay on their phone. I have seen people on the weight machine do one rep and then

sit there for 10 minutes on

their phone, and the cycle

goes on and on. If you are just

going to be on your phone, then just stay home. I could be using the machine, but now I have to wait or ask if they are done yet. If people think just being at the gym is going to make them stay healthy or fit, it doesn't work that way — especially if they spend more than half their time on their phone.

Lisa M., Metro US reader

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A train each morning, there are two things I can count on: My much-needed Starbucks is close by, and that someone

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behind me going through the full-height turnstile will push the bar before I am fully through, making the bar behind me hit my heel before I'm out. Really? Can't the person IN the turnstile control the pace? Sorry if I'm too slow for you. Some of us haven't had our coffee yet. So slow down, caffeinated person. Always better not to wake the beast. Feel me?

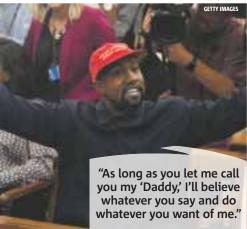
- Barry, Metro New York reader

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The winning caption from Jim Hinson, Metro US reader





### metro.us/horoscopes



**Aries** What you willingly do for others today will make you feel good, and the favors will eventually be returned. A change of attitude regarding a partnership will bring about transformation.



**Taurus** If you watch how others react and respond, you will know exactly how to counter any changes that don't sit right with you. Share your concerns as well as possible solutions.



**Gemini** Look for answers before you start something new or make changes. Someone will lead you astray if you are too trusting. Do the legwork and double-check your options.



Cancer You don't have to spend money or get involved in someone else's plans if they don't suit your needs. Do your own thing and align yourself with like-minded thinkers.



**Leo** Take a moment to go over what's happening in your life and to figure out how to respond to someone or keep the neace.



**Virgo** A business trip, conference call or family meeting will help you get positive results. Your opinion will make a difference and will bring about needed change.



**Libra** Anger will not alleviate discontent. You need to follow your heart and do your own thing. Refuse to let anyone put demands on you or challenge you mentally or physically.



**Scorpio** Work around any last-minute changes that come into play. Getting upset will not help matters move forward faster. Your patience and innovation will help you find a good alternative.



**Sagittarius** Take your chores and responsibilities seriously. Don't leave anything to chance. Putting your energy where it counts will bring you the most in return. Making a fuss will only hinder you.



Capricorn Make last-minute alterations to ensure that what you want to happen will unfold flawlessly. Your input, insight and dedication will pay off. Share your feelings



**Aquarius** Move forward with trepidation. Don't trust someone else to pull his or her weight or follow along. Walk away from peer pressure or behavior that you don't condone.



Pisces Seeing is believing. Ask questions and get your facts straight before moving forward. A chance to get ahead is present if you negotiate on your own behalf.

# metr⊕ LIFESTYLE

The beloved big top returns this weekend with modern touches to attract millennials.



va.kis@metro.us

The Big Apple Circus 2018 may be its 41st year, but the show is all-new. The formerly nonprofit circus came under new management in early 2017, making this the first season that owner Big Top Works has had the time to make big changes to the produc-

What you'll find under the tent is a more modern production in a way CEO Gregg Walker hopes will appeal to the families who already love the Big Apple Circus,

### What's new at the Big Apple Circus





Among the changes are new cocktails by Pamela Wiznitzer and healthier classic concession fare. PROVIDE

as well as a new demographic: "There is a desire to expand both the depth of that traditional audience, but also to start to incorporate a crowd that would enjoy more of a date night experience and individuals who would be coming without children, young adults and millen-

After the Big Apple

Circus declared bankruptcy in 2016 and didn't put on a show that fall, people feared the worst. But a \$1.3 million bid by Big Top Works saved it, and the Big Apple Circus 2018 will post up at its longtime home in Damrosch Park on Lincoln Center Plaza starting Oct. 20 through Jan. 27, 2019. Here's what's new:

Familiar foods, but better

All the things you expect at the circus — popcorn, cotton candy, chicken fingers, hot dogs - are there. They're just made with better ingredients: no dyes, organic ingredients, fair-trade sugar. New additions, courtesy of Chef Harris Mayer-Selinger, are fried items including funnel cake

"fries" with a chocolate dipping sauce and pulled pork that can be added onto pretty much anything.

Fun with cocktails

Grown-ups wanting a little additional fun at the Big Apple Circus 2018 now have a menu of cocktails created by Pamela Wiznitzer. Taking inspiration from the circus, she's created a menu of cocktails (many of which can also be made alcoholfree) like The Flossy (Hendrick's Gin, lemon, blood orange, soda water, candy floss "hair") and Pop It Like It's Hot (Milagro Tequila, Montelobos Mezcal, popcorn syrup, lime, salt tincture).

### Inviting the audience

As a one-ring show, the charm of the Big Apple Circus has always been its intimacy, known for no seat being further than 50 feet from the action. Beginning this year, the audience can get even

closer in the new Hall of Wonders, the revamped reception area where circus fans can arrive up to an hour before the show begins to watch select performers, as well as take part in activities like face-painting and photo ops.

After each day's final show, all ticketholders from any performance that day are invited to a post-show reception inside the VIP tent to chat about the show with select performers and crew.

A new VIP experience

Don't want to drink your fancy cocktail while trying to ignore a gaggle of kids? Retreat into the new Spiegeltent, a traditional Dutch tent made of wood and decorated with mirrors that "makes you feel like you're in a special circus experience in a small European town," according to Walker. VIPs also enjoy complimentary drinks and popcorn before the show.

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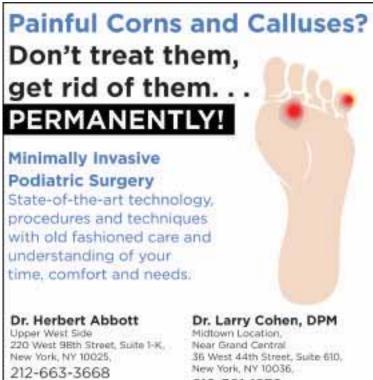
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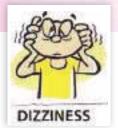


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- > Skin biopsies (required)

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### Robert Forster gives an Oscar-worthy performance in 'What They Had'

The 77-year-old actor is hopeful it will spark a third act of his already impressive career.



Refreshingly modest, Robert Forster is quick to insist that his whole career has just been the result of "great luck."

"It has been one lucky break after another," he says. "The first thing was working with John Huston. Then the second act was working with Quentin Tarantino."

Of course, anyone who has seen his performances in the likes of "Mulholland Drive," "Medium Cool," "The Descendants," Huston's "Reflections In a Golden Eye," and his Oscar-nominated effort in Tarantino's "Jackie

in Tarantino's Jackie Brown" will be well aware that his talent and presence easily eclipses any luck he might have had along the way.

That's never been more apparent than in "What They Had," which might just prove to be the peak performance Forster's esteemed career. Because even though the family drama about Blythe Danner's struggles with Alzheimer's stars Hilary Swank and Michael Shannon, Forster, who plays Burt,

the stubborn husband to Danner's Ruth, grabs hold of the film and puts in a titanic and mesmeric performance that you just can't look away from.

Forster is so proud of the film that he hopes it "might be the beginning, I hope, of a third act" to his already impressive career.

"If I can stretch this out a little more, this will hopefully give me a bit of loft to work with," says Forster. "It is a great thing to have a wonderful movie to deliver."

Not that Forster is trying to boast about his work in the film, though. In fact, he credits any on-screen prowess he shows in "What They Had" to its first-time writer and director Elizabeth Chomko.

'It is the best character I think I was ever offered to play. You don't make it up. Sometimes you get the chance to add some ad-libs, but in general Elizabeth offered everyone involved in the picture a great role. I was so delighted to be offered this one," says Forster. "Because it is a family drama with humor. But about a serious topic. When I read this I kept saying it had the same appeal of 'Big Fat Greek Wedding.' It has the same family dynamic."

"There are so many things in there that remind us of ourselves," he adds. "No matter who we are, we can relate to this. Especially if you know someone with Alzheimer's. I don't think it is a niche audience. It is a general audience, family drama."

When it came to preparation, Forster didn't have to think too far outside of the box, either. "I am a father. I am a father over 200 years, if you count up the years

of my children."

"I have plenty of experience being a father," says Forster. "Those are the simple things that I brought to my preparation. It was me and my wife against the kids. It is not hard to win those arguments."

"What They Had" opens in theaters Oct. 19.



### Paul Dano uses 'Wildlife' to expose the American Dream

The critically acclaimed family drama stars Carey Mulligan and Jake Gyllenhaal.



Out of the current crop of Hollywood actors, Paul Dano always looked the most likely to step behind the camera one day.

That's because, like most of the characters he has portrayed, Dano is seemingly sensitive, contemplative and intellectual, all of which are prominent in his directorial debut "Wildlife," which revolves around the breakdown of Carey Mulligan and Jake Gyllenhaal's marriage in 1960, as shown to us through the eyes of their son Joe, played by Ed Oxen-

bould. Dano cently admitted to Metro that even though didn't he pick up the book with the intention to adapt it, he instantly found himself attracted to Richard Ford's 1990 novel of the same name from the very first sentence.

"The first paragraph remains my favorite of any book. I was just in from the start as a reader," says Dano. "Then there was a paragraph, 20 pages in, about this kid watching his mom in swim class and everyone around her thought, "There's a goodlooking woman. There's a woman that looks happy.' But he knew something was off at home.

"That kind of duality hits my gut. Those initial gut reactions make their way into the film. It is a family portrait. When we see an idyllic image, whether it is a painting, a Rockwell painting, we don't know these peoples' lives," he added. "I always love to peel back the layers. I also loved the sense of family and the Ameri-

can Dream. Even though there is a lot of pain and struggle and heartbreak, there's still a lot of love and compassion."

This opportunity to explore family dynamics and expose the American Dream was what ultimately convinced Dano to adapt and direct "Wildlife."

life."

"The one big thing for me was the mystery of who our parents are. Suddenly one day you realize that they had past lives, that they're flawed, and that they're struggling with something," says Dano. "That transition from being a sheltered child into the murky world of adulthood, this kid being thrust into that because of his parents really spoke to me.

"Jerry (Jake Gyllenhaal) is someone who has always put his life out on the horizon. Some-

one who thinks
the next job
is going to
make things
great," he
adds. "The
American
Dream can
take you out
of the present. Jerry is sud-

denly presented with a reality check and he can't handle it. For me, it was a coming-of-age story for a family. It's not just the kid, the parents have to grow up as well."

But actually adapting "Wildlife" took Dano several years, as he wanted to make sure that there was something of himself in the film rather than it just being a straight adaptation

Which is exactly what Ford wanted, too, because when Dano sought his blessing, the novelist responded, "My book is my book. Your picture is your picture. You have to do you now."

"That was the best thing I could hear," says Dano. "I wanted to take what this book has given me and put in through myself."

"Wildlife" opens in theaters Oct. 19.





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# This cyborg-sunflower will fill your home with energy

SmartFlower opens its petals each morning and follows the sun during the whole day, just like a real plant.

More and more people are using clean energy to contribute to the fight against global warming. SmartFlower Solar, a fully integrated, all-in-one

solar system that automatically rises and moves with the sun every day, could be a great solution. This device is able to produce 4,500-6,500 kWh/year, generating up to 40 percent more energy than static solar systems. Metro chatted with Kelly Song, marketing and customer relations manager at SmartFlower Solar, to learn more. DANIEL CASILLAS

Q&A



KELLY SONG, marketing and customer relations

#### What are your device's features that resemble a sunflower?

As a form of biomimicry, SmartFlower opens its petals each morning and follows the sun all day, from sun up to sun down, like a sunflower does.

#### Why did you create it?

SmartFlower was invented to provide a unique clean energy solution that is pleasing to the eye, simple to install, and even easier to use. SmartFlower offers an alternative way for consumers and business owners who cannot switch to solar due to the condition and orientation of their roofs, expanding the options for people

wanting to make the switch to solar and reduce their carbon footprint.

Tell us about how it works.

SmartFlower's main function is to produce clean energy. Each morning, the unit deploys (or blossoms like a flower) and can rotate on its axis and adjust the tilt angle of the array to follow the sun, which maximizes power production

throughout the day. During installation of the unit, we can program the unit with the exact coordinates of its location, and our unique control system is able to determine where the sun is throughout the day.

SmartFlower also has self-cleaning and self-cooling capabilities to keep it running at maximum efficiency. Because SmartFlower's solar array isn't mounted to a roof as most systems are, and is not in a typical frame, the backsides of the "petals" are well ventilated. Each panel also has fine brushes on the back, allowing the unit to clean itself every time it folds and unfolds.

#### How could your devices be used?

SmartFlowers can be installed virtually anywhere and its applications are nearly endless. The unit comes fully assembled and can be set up within a few hours by one of our certified installers. With over 1,400 units worldwide, SmartFlowers have been installed in homes, zoos,

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### Sleeping Brooklyn is waking up

Metro previews the 2018-19 Brooklyn Nets season, which tips off tonight.



Things are finally beginning to look up for the Brooklyn Nets after the franchise was gutted by the Kevin Garnett and Paul Pierce trade with the Boston Celtics five years ago.

General manager Sean Marks has done a commendable job getting this team poised for the future.

There is no denying that this team is an afterthought in the NBA and Eastern Conference after three straight years of 28 wins or fewer. But there is a chance that the Nets could surprise some people and slip into the playoffs in the weak East.

Here are some things to look out for.



Point guard D'Angelo Russell is entering his second year with the Nets after being acquired from the Los Angeles Lakers. The No. 2-overall pick in 2015 is still just 22 years old and will get his first opportunity to run the Nets offense after the departure of Jeremy Lin.

In an injury-shortened 48 games last year, Russell showed promise of becoming the team's floor general of the future, averaging 15.5 points and 5.2 assists per game. There were growing pains, though, as he struggled with turnovers and jelling with the offense.

Now with the keys to Brooklyn's offense all to himself, Russell's growth will be closely monitored by management to decipher the kind of talent they have in the backcourt.

### EYES ON THE FUTURE

The summer moves made by Marks and the Nets will have little bearing on 2018-19, but more on next summer.

The trade of Lin and the quick flip of veteran center Dwight Howard have the Nets sitting pretty ahead of Summer 2019.

Brooklyn acquired four draft picks (one first-round, three second-round) and opened up somewhere between \$50 million and \$70 million in cap space next summer. That will allow the Nets to go after two max-salary free agents that will quickly make the franchise a contender next year.





NETS AT PISTONS TONIGHT, 7 PM on YES



### JARRETT ALLEN'S DEVELOPMENT

Second-year center Jarrett Allen went from rotational big man to starting center all within his rookie season.

While he still only averaged 24 minutes per game after the All-Star break, expect the training wheels to completely come off in 2018-19.

Allen should be expected to put up close to a double-double every night

while his interior defense could make him an imposing figure under the basket.

Watch out for a new asset to the 20-year-old's game, too. Allen has been working on his three-point shot to extend his offensive game and it looks to be paying off. He's made two-of-four attempts during the preseason.





### New faces, new Knicks in new yea

Metro previews the 2018-19 New York Knicks season, which tips off tonight.



Finally, the New York Knicks and their fans can see the light at the end of the long, miserable tunnel.

They just might have to stomach one more bad season... maybe.

While superstar Kristaps Porzingis continues to recover from a torn ACL that will keep him out until at least Christmas, the Knicks will use 2018-19 to analyze what they have to work with around him.

Under new head coach David Fizdale, hired by president Steve Mills and GM Scott Perry, a new culture is officially here at Madison Square Garden and those currently on the Knicks roster should be looking at this season as a prolonged tryout.

Changes are on the horizon and big names are poised to be coming to the Big Apple.

With an expected two max-salary slots open to bring in big-name free agents next year, here is what you should look out for this season.



### A CROWDED BACKCOURT

Fizdale has his hands full on what to do at the point guard position for an organization that hasn't had a legitimate floor general for years.

The Knicks have three young former first-round picks to run the offense in Frank Ntilikina (20), Emmanuel Mudiay (22) and Trey Burke (25).

Ntilikina showed that there was a ton of work to do in terms of growth. His defensive game has shown the promise of providing All-NBA lev-els but his offense has lagged. Mudiay was written

off in Denver before the Knicks nabbed him at the trade deadline last year. He's currently nursing a sprained ankle and will come off the bench.

As the elder statesmen of the trio, Burke showed down the stretch that he could be the team's point guard of the future. In the final 16 games of the 2017-18 season, after being called up from the G League, Burke averaged 16.5 points and six as-

On Tuesday, Fizdale named Burke the starting point guard while Ntilikina starts at the 3.

### KP THIS YEAR?

It remains to be seen if the Knicks will be able to see Knox and Porzingis on the floor together this season.

While the Latvian's recovery from a torn ACL is likely to go on through the winter, there is a chance that he might not see the floor at all in 2018-19.

It might not be a bad thing should he miss the entire year. The Knicks aren't expected to compete for a playoff spot in 2018-19 and risking injury on a rebuilding year could be seen as a risky

### OPPORTUNITY IS KNOXING



With no Porzingis, rookie Kevin Knox is going to be put under the microscope even more.

The Kentucky product has been considered by many to be the most complete athlete taken in the 2018 draft and he showed why during the Summer League.

Knox is a threat on both ends of the floor, with athleticism that will not only make him an offensive menace but a defensive stalwart.

The 19-year-old can fly around the rim and create offenses chances on

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the drive. As his jumper continues to develop, the further you'll see his offensive numbers shoot up.

He'll also offer the Knicks the promise of a competent perimeter de-fender, something the organization has lacked for quite some time.



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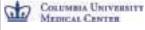


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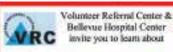
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- 1 Doris or Dennis
- 4 Floats like Huck Finn's 9 Zealous
- 13 Four months ago
- 14 Foreign farewell
- 15 Ice cream scoop holder
- 16 Cereal grains 17 of character: calumny
- 19 Whitney or Wallach
- 20 Hamelin figure \_\_ bat an eyelash; was 21
- unfazed
- 22 Influence
- 24 Needless fuss
- 25 Loathsome 27 Real estate \_\_; ERA em-
- ployees
- 30 Train station
- 31 Worn out
- \_\_, dos, tres... 33
- 35 "Phooey!"
- 36 Desires
- 37 Sketch 38 "Ready,
- , go!" 39 Avoids deliberately
- 40 Confrontation

- 41 TV froa
- 43 Olympic awards 44 Objective
- 45 Not as polite
- 46 Up and about 49 Unexpected obstacles
- 51 "Grand \_\_ Opry"
- 54 Covering completely
- 56 Membership fees
- 57 Michigan or Huron
- 58 Overeat
- 59 Landers & Jillian
- 60 Black-\_\_ peas
- 61 Raise AKC dogs
- 62 Dentist's letters

#### DOWN

- 1 Twofold
- 2 Look forward to
- 3 Simple reply 4 Half the diameter
- 5 Skillful
- 6 Small flute
- 7 Drop of joy or sorrow
- 8 Total
- 9 Take \_\_; do something
- 10 Empty space
- 11 Privy to
- 12 Fender-bender memento
- 13 Actor Mantegna

- 18 Tallied up
- 20 Sulk
- 23 Money, slangily
- 24 Ice ; cold periods in history
- 25 Chances
- 26 Shortstop Jeter
- 27 Bachelor of \_\_; 4-year
- dearee
- 28 Reversal
- 29 Critter with a shell
- 31 Tight, as a rope
- 32 Hotel
- 34 Possesses
- 36 On a \_\_; impulsively 37 City fellow on a ranch
- 39 Smua smile 40 Cincinnati team
- 42 \_\_ cats and dogs; poured 43 Attacked and robbed
- 45 "Home on the \_
- 46 Competent
- 47 Murder
- 48 \_\_ ten; have a break \_-fry; wok meal 49
- 50 Four and five
- 52 Camera's eye
- 53 Suffix for govern or host
- 55 Decline
- 56 Family member

### Arkadium 16 17 18 19 35 36 37 38 42 43 45 55 56

58

61

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# D 0 0

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Lasagna Linguine Macaroni Noodle Orzo

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### Category: Geography

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V		Р	S
Е	S	I	S
R	S	1	М

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### metro.us/sudoku

59

	1	3				6	7	
4	2		5		7			8
9		6		1	6			2
7	6		9					
2			6	7	8			1
					1		2	6
1			7	6				9
6			1		2		8	3
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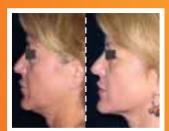
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